The Basics of 'Happiness' in Daily Living

1. One has to live one's life in the circumstances in which one has been placed; one is free to do anything one can do to improve the circumstances, but the result has never been in one's control.
2. 'Happiness' is a state of mind not in the present moment, but at a much deeper level, whereas the transitory 'pleasure' or 'pain' exists in the present moment. Therefore, 'happiness' is always associated with 'peace of mind' = Sukha - Shanti.
3. The basis of this Sukha - Shanti is simple: never to be uncomfortable with oneself or with the 'other'. This depends on the total acceptance that whatever happens in life is a happening according to God's will or the Cosmic Law.
4. This understanding means that the

individual human being is incapable of doing any deed, and is, therefore, merely an instrument through which life happens according to God's Will or the Cosmic Law.

5. This understanding clearly means that it is futile and stupid to blame and condemn anyone (or hate anyone) for anything, within oneself nor the other. The absence of this hatred, neither for oneself nor the other, means one is never uncomfortable with oneself or the other.

6. Never being uncomfortable with oneself or the other means being connected with the Source, or God, constantly, without the connection ~~never~~ being broken: Advaita - non-duality, in daily living.